



*Friendship Heights*

# VILLAGE NEWS

JULY 2017

VOLUME 33, NO. 7

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

301-656-2797



**Harriet Tubman Center  
and Crab Feast Cruise,  
see page 5**

## We're Broadway— and Brandywine—bound!

Discover the history and elegance of the land of the du Ponts and the glamour of Broadway when we visit Delaware and New York **Tuesday, Oct. 10 and Wednesday, Oct. 11.**

Our two-day excursion features tours of two du Pont estates, dinner and an overnight stay at the iconic Hotel du Pont, and matinee tickets to "War Paint," a sensational musical, which tells the remarkable story of two trail-blazing cosmetic legends, Helena Rubinstein and Elizabeth Arden.

We'll leave the Village Center on Tuesday, Oct. 10, at 7:30 a.m. and drive to the beautiful Brandywine Valley, just outside of Wilmington, Del. There we'll tour Hagley Museum, the site of the first duPont family black powder mills, family estate and gardens. This restored mid-19th-century mill community offers an enlightening look at the development of early industrial America



along the Brandywine River. We'll have lunch on the estate before taking a short ride to Winterthur for a tour of the house and special exhibit, "Treasures on Trial: The Art and Science of Detecting Fakes."

Later, we'll check into our home for the evening, the Hotel du Pont in Wilmington. Built in 1913 by Pierre S. du Pont, this luxury hotel in downtown Wilmington has hosted everyone from Charles Lindbergh to John F. Kennedy. The elegant 12-story building radiates an Old World feel. The lobby has a spectacular carved, gilded, and painted ceiling. The walls display more than 700

**Continued on page 11, see Broadway**

## Bele Bele brings rhythmic drums to Friday night outdoor concert

Bring the entire family to the Village Center on **Friday, July 14, from 7 to 8 p.m.** for a special outdoor summer concert featuring the exuberance and energy of African drums and dancing.

The Bele Bele Rhythm Collective is an intergenerational group of women from DC and surrounding areas who together form a sisterhood of the drum. Founded in 2008 and led by "Drumlad" Kristen Arant, the BBRC

performs tightly sewn compositions of polyrhythms on West African dunun and djembe drums, complete with exciting breaks, contagious songs, and dancing.

All ages will love this event, which offers children and adults alike a chance to participate with percussion instruments provided by Bele Bele during the performance. The show takes place in the Hubert Humphrey

## Celebrating July 4th



Join your neighbors for an old-fashioned celebration with hot dogs, patriotic music and fun on **Tuesday, July 4, from 2 to 4 p.m.**, at the Village Center and in Hubert Humphrey Park.

This annual event will feature the sounds of the Dixie Stompers, a trackless train for all ages, and Tuti Frutti the Clown.

During the celebration, the Village Council will recognize Mayor Melanie Rose White for her 30 years of volunteer service to Friendship Heights, and honor Maryland State Delegates William Frick, Ariana Kelly and Marc Korman with the Elizabeth Scull Award, given for exemplary community service. Certificates of appreciation will also be presented to Eleanor Nieman and Barbara Turlington, both of Brighton Gardens.



Park in front of the Center. In the event of inclement weather, we'll move indoors to the Village Center.

**Dumbarton Oaks, see page 5**

# People and cultures in Eastern Europe

Barry Wood, a foreign correspondent and economics journalist, will discuss his book, "Exploring New Europe: A Bicycle Journey," at the Village Center on **Thursday, Aug. 3, at 7:30 p.m.**

A Voice of America correspondent in Prague in the 1990s, Mr. Wood took a bicycle journey of 2,500 miles to connect with ordinary people in the Baltic lands, central Europe and the Balkans. A quarter century after the collapse of communism, the author shares his discoveries about the countries' successes in building democratic institutions and market economies.

Copies of the book will be available to purchase. Please let us know if you plan to attend by calling 301-656-2797.



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## Friendship Heights VILLAGE NEWS

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space for the August issue is July 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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# Village Council Update

## Council passes resolution on 5550 Friendship Boulevard development

At its June 12 meeting, the Village Council unanimously approved a resolution supporting the provisions of the Friendship Heights Sector Plan relating to Parcel 4 (5550 Friendship Boulevard). The full text of the resolution is as follows:

*"WHEREAS, the 1998 Friendship Heights Sector Plan sets forth goals, objectives, recommendations, planning principles and guidelines governing development of Parcel 4;*

*WHEREAS the purpose of these goals, objectives, recommendations, planning principles and guidelines is to assure (1) open space sufficient to offset the density of nearby buildings, (2) green open space for public use, and (3) development that preserves views from apartment residences and is otherwise compatible with existing structures;*

*WHEREAS examples of these provisions include the following:*

- *"In densely built-up areas like Friendship Heights, open space is critical to the quality of life" (p. xxvii);*
- *"[T]he offsetting public use space to the east [on Parcel 4] contributes to the public health and welfare" (p. 77);*
- *"Retain open space to offset surrounding high densities" (p. 77);*
- *"Create a highly visible green open space for public use and enjoyment..." (p. 77);*
- *"Preserve and enhance the environment for residents of high-rise buildings...by limiting the height of new buildings close to the high-rise apartments to preserve views...." (p. 31);*
- *"Provide adequate setbacks on all sides for compatibility with adjoining residential structures...." (p. 77);*
- *"Cap development at 132,000 square feet of total development unless the site is redeveloped" (p. 77);*
- *"Provide a mid-rise residential structure if, in the future, redevelopment occurs under an optional method" (p. 77);*

*THEREFORE, BE IT RESOLVED by the Friendship Heights Village Council that the Council affirms its support for and commitment to the goals, objectives, recommendations, planning principles and guidelines of the Sector Plan relating to Parcel 4 and aimed at assuring compatible development and redevelopment that include the continuing presence of public green open space on Parcel 4 and the preservation of views."*

The property owners presented a fourth option for development of the site, which would remove the existing office building and provide a 90-foot tall residential building that would cover nearly all of the parcel. The first three options call for an additional residential building of 180 feet, 140 feet, or 90 feet, while maintaining the office building. Preliminary design concepts can be viewed on the property owner's website, [www.5550friendshipblvd.com](http://www.5550friendshipblvd.com).

## Council discusses vision for Page Park

Council members held a discussion about the future of Page Park at the June 12 meeting, as a follow-up to the May 22 meeting about tree replacement. Three new crepe myrtles have been planted within the circular wall in the center of the park (see photo below).

There was general agreement expressed at the meeting to retain the current character of the park. The Council authorized staff to get proposals for a landscape architect to develop a plan for park improvements. The focus will be to consider additional plantings, pathway surfacing, seating, and a possible area for a small piece of playground equipment.

The Council also announced at the meeting that a water line has been located on the edge of the park next to the sidewalk along North Park Avenue. We will continue the application process with WSSC to reactivate the water line so that an irrigation system can be installed to serve the park.



## County proposes updated bicycle plan

The County has issued preliminary recommendations for establishing additional bikeways throughout the area. In Friendship Heights the plan recommends dedicated bike lanes for Wisconsin Avenue, Western Avenue, Willard Avenue, Somerset Terrace, North Park Avenue, and Friendship Boulevard. You can view the plan and provide feedback at [www.mcatlas.org/bikereact](http://www.mcatlas.org/bikereact). The comment period ends on July 15.

Other Council actions at the June 12 meeting:

- Approved proposal from Gali Service Industries to provide raises for contracted maintenance staff;
- Selected Maryland District 16 Delegates Bill Frick, Ariana Kelly, and Marc Korman to receive the Elizabeth Scull Community Service Award; selected Eleanor Nieman and Barbara Turlington to receive community service awards.

*The next Council meeting will be Monday, July 10, at 7:30 p.m. in the Village Center. The meeting is open to the public.*

## Tea and Talk: Financial well-being in retirement

Whether you are considering retirement, thinking of leaving retirement to go back to work, or want to make sure you're doing all you can to make smart financial decisions in retirement, you'll want to attend this informative program at the Center on **Monday, July 17, at 1 p.m.**

Speaker Kerry Hannon is a noted authority on work and career, and AARP's jobs and retirement expert. She spoke to the Village Boomers group several years ago about careers after age 50.

Bring all your questions—mundane ones about minimum distribution payments and annuities, or lofty ones like living your passions in your bonus years—and ask the expert.

After the program, please stay for iced tea and cookies. Let us know if you plan to come by calling 301-656-2797.



## Tea and Talk: Behind the scenes with a museum director

Gary Vikan, former director of the Walters Art Museum of Baltimore and former senior associate of the Center for Byzantine Studies at Dumbarton Oaks, will discuss his book, "Sacred and Stolen: Confessions of a Museum Director," at the Village Center on **Monday, July 10, at 1 p.m.**

Come and hear fascinating, and often comical, stories about looted antiquities, crooked dealers, deluded collectors, duplicitous public officials, bribery, failed exhibitions and thefts including the museum insider who stole a tiny Renoir as a present for his girlfriend that finally turned up 60 years later.

After the program, please stay for tea. Copies of the book will be available for sale. RSVP at 301-656-2797.



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# ON THE GO...

## Harriet Tubman history and a crab feast cruise on the Choptank

Learn more about an American hero when we visit the Harriet Tubman Underground Railroad Visitor's Center, and enjoy a crab feast cruise on the Choptank River during our Eastern Shore excursion on **Thursday, July 20.**

We'll depart from the Village Center at 7:30 a.m. and drive to sites just outside of Cambridge. Our first stop is Bucktown Village Store, the site of Harriet Tubman's first act of defiance and where she suffered an injury that would plague her throughout her life.

Next, we'll drive to Suicide Bridge restaurant where we'll board a paddlewheel boat for a three-hour crab feast along the Choptank River. The feast includes steamed crabs, fried chicken, crab soup, corn, cole slaw, dessert and coffee, tea or soda.

Later, we'll take a self-guided tour of the newly opened Harriet Tubman Visitor's Center, which highlights her life. We should return by 7:30 p.m. Both the Bucktown Store and the Harriet Tubman Underground Railroad Visitor's

Center were featured in a recent broadcast of the "CBS Evening News."

The cost of the trip is \$148 and includes transportation, tour, boat ride, crab feast and gratuities. Sign up immediately at the Village Center. Children 12 and younger pay \$128. The deadline to sign up is July 6.

## Don't miss Dumbarton Oaks!

Explore the tranquility of Dumbarton Oaks in Georgetown as we visit its newly renovated museum and stroll through the exquisite gardens on **Wednesday, July 5.**

We'll enjoy a guided highlights tour of the museum, which houses a world-class collection of Byzantine and pre-Columbian art, then visit the gardens before they undergo large-scale improvements beginning July 10. Our tour is an opportunity to see both the museum and gardens

**Continued on page 7, see Dumbarton**



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# PLAYING on the BIG SCREEN

*All movies begin at 7 p.m.*

**Thursday, July 6, 7 p.m. — Movie — “Beauty and the Beast”**— Belle, a bright, beautiful and independent young woman, is taken prisoner by a beast in its castle. Despite her fears, she befriends the castle’s enchanted staff and learns to look beyond the beast’s hideous exterior, allowing her to recognize the kind heart and soul of the true prince that hides on the inside. Stars Emma Watson and Dan Stevens. Rated R. Running Time: 139 minutes.

**Thursday, July 13, 7 p.m. — Movie — “Allied”**— In 1942, a Canadian intelligence officer in North Africa encounters a female French Resistance fighter on a deadly mission behind enemy lines. When they reunite in London, their relationship is tested by the pressures of war. Stars Brad Pitt, Marion Cotillard and Jared Harris. Rated R. Running Time: 124 minutes.

**Thursday, July 20, 7 p.m. — Movie — “Fantastic Beasts”**— Witches and wizards from all over the world

are on high alert as a dark wizard prepares to launch his next attack. Newt Scamander travels from London to New York City with a briefcase full of magical creatures, or fantastic beasts. Stars Eddie Redmayne, Rated PG-13. Running Time: 140 minutes.

**Thursday, July 27, 7 p.m. — Movie — “Café Society”**— Looking for an exciting career, young Bobby Dorfman leaves New York for the glitz and glamour of 1930s Hollywood. After landing a job with his uncle, Bobby falls for Vonnie, a charming woman who happens to be his employer’s mistress. Settling for friendship but ultimately heartbroken, Bobby returns to the Bronx and begins working in a nightclub. Everything falls into place when he finds romance with a beautiful socialite, until Vonnie walks back into his life and captures his heart once again. Stars Jeannie Berlin, Steve Carell, Jesse Eisenberg, Blake Lively, Parker Posey, Kristen Stewart, Corey Stoll, and Ken Stott. Rated PG-13. Running Time: 85 minutes.

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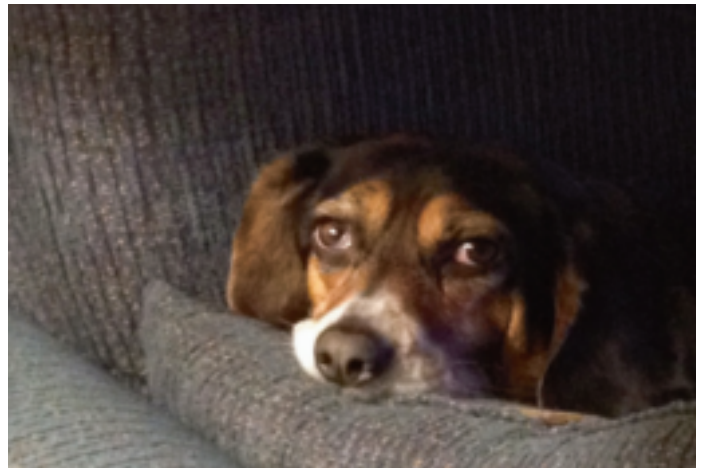
# ART and CULTURE

## Celebrating our pets!

You are invited to visit Friendship Gallery this month to see "Pets on Parade," a multi-media juried exhibit, sponsored by the Village of Friendship Heights and open to all area artists. Awards will be given to the winners at a reception on **Sunday, July 9, from 11:30 a.m. to 1:30 p.m.** All are invited to attend.

This year's juror is Llewellyn Berry, photographer and Village instructor. Lew taught photography, radio production, broadcast journalism and media studies in D.C. Public Schools for almost 40 years. As a photographic artist, Mr. Berry has exhibited throughout the DC area as well as in Cuba and South Africa where he also lectured on photography and photojournalism. He is the founder of the Kindalew Gallery and more recently, The Kindalew Collective. In retirement he continues his work as a photographic artist and teaches two photography classes at the Center.

The exhibit runs until July 29. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5



**"Le regard d'amour," photo by Tracey Biagas**

p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

## Dumbarton, continued from page 5

before the gardens close to the public until March 2018.

The Byzantine collection features examples of religious and secular items. The Pre-Columbian works represent the Aztec, Maya, Inca and Olmec.

During our visit, we'll also explore portions of the home's lovely gardens, including the Orangery. Note that the garden has some uneven surfaces and steep grades. If you'd like, you may choose to take a limited garden tour or spend more time in the museum.

Stop by the Center for coffee and doughnuts at 10:15 a.m.; we'll leave for our trip at 10:45 and should return by 2 p.m.

The cost of the trip is \$35, and includes transportation and guided tours. Sign up immediately at the Village Center.

The Village Book Club will meet on **Tuesday, July 18, at 11 a.m.** The book selection is "Rules of Civility" by Amor Towles. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase in front of the windows.

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Friendship Heights  
Village Center



Calendar  
of Events

# 2017

JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						<div>1</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography</div>
<div>2</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>3</div> <div>10 a.m.: Great Books 12:30 p.m.: Bridge Club</div>	<div>4</div> <div>8:15 a.m.: Walking Club Center open 9 to 5 <b>2 to 4 p.m.: Fourth of July Celebration</b>  <b>Shuttle bus runs on weekend schedule</b></div>	<div>5</div> <div><b>10:15 a.m.: Dumbarton Coffee/Doughnuts</b> <b>10:45 a.m.: Depart for Dumbarton</b> 1 p.m.: All in the Eyes <b>2 p.m.: Tea and Talk: Coping with Parkinson's</b> <b>5:30 p.m.: COMMUNITY ADVISORY COMMITTEE—Open to the Public</b> <b>7 p.m.: Concert: Marsha and the Positrons</b></div>	<div>6</div> <div>8:15 a.m.: Walking Club 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Beauty and the Beast</b></div>	<div>7</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</div>	<div>8</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>9</div> <div>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></div>	<div>10</div> <div>9:30 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club <b>1 p.m.: Tea and Talk: Gary Vikan, Confessions of a Museum Director</b> <b>7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING—Open to the Public</b></div>	<div>11</div> <div>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>12</div> <div><b>1 p.m.: Suburban Lecture: A Refreshing Look at Hydration</b> 1 p.m.: All in the Eyes <b>7 p.m.: Concert: Steven Hom and Karla Chisholm</b></div>	<div>13</div> <div>8:15 a.m.: Walking Club 11 a.m. — 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Allied</b></div>	<div>14</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting <b>7 p.m.: Bele Bele Outdoor Concert</b></div>	<div>15</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>16</div> <div>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>17</div> <div>9:30 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club <b>1 p.m.: Financial Well-Being in Retirement</b> <b>7 p.m.: Café Muse</b></div>	<div>18</div> <div>8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2—4 p.m.: Nurse Specialist 3—4 p.m.: Tea 7 p.m.: Pilates</div>	<div>19</div> <div>1 p.m.: All in the Eyes <b>7 p.m.: Concert: Richard Miller</b></div>	<div>20</div> <div><b>7:30 a.m.: Depart for Eastern Shore</b> 8:15 a.m.: Walking Club 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Fantastic Beasts</b></div>	<div>21</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</div>	<div>22</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>23</div> <div>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>24</div> <div>10 a.m.: Great Books <b>10 a.m. – 2 p.m.: MVA Mobile Office</b> 12:30 p.m.: Bridge Club</div>	<div>25</div> <div>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea 7 p.m.: Pilates</div>	<div>26</div> <div><b>7 p.m.: Concert: Pam Parker Trio</b></div>	<div>27</div> <div>8:15 a.m.: Walking Club 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil <b>7 p.m.: Movie: Café Society</b></div>	<div>28</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory</div>	<div>29</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>30</div> <div>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>31</div> <div>9:15 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club</div>	<div><b>Shuttle bus hours</b></div> <div>Monday through Friday 6:40 a.m. to 9:40 p.m. Saturday and Sunday 8 a.m. to 7 p.m.</div>		<div><b>Friendship Heights Neighbors Network (FHNN)--July Event</b></div> <div><b>July 23, 3—5 p.m.: ICE CREAM SOCIAL at the Elizabeth Party Room.</b> Meet and mingle with your friends and neighbors who are learning about or already members of, volunteers or supporters for FHNN. FHNN helps seniors age in place by neighbors helping neighbors. Join in the summer fun! RSVP by July 21 to fhneighbors.org and visit our website at <a href="http://www.fhneighbors.org">http://www.fhneighbors.org</a> for more information about FHNN and current and future events.</div>		
		<div><b>Village Center Hours</b></div> <div>Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.</div>				





# CLASSES AND CLUBS

**PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.**

**All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.**

## ART

### ABSTRACT PAINTING

A 6-week course taught by Joan Samworth. Fridays, 1 to 4 p.m., July 7 – August 18. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$122 for residents; \$132 for nonresidents. Class will not meet July 28.

### BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., July 8 – August 26, \$120. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>.

### BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., July 15 – August 19, \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive.

## EXERCISE

### BALANCE, MOVEMENT AND MEMORY

A 5-week class, Fridays, 10:30 to 11:30 a.m., July 7 – August 4. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$55 for residents; \$60 for nonresidents.

### MAT PILATES

A 6-week session, Tuesdays from 7 to 8 p.m., July 11 – August 15. Pilates movements tone the body from "the inside out" bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel. A minimum of eight students—registered by July 10—is required.

### YOGA

A 6-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., July 9 – August 13. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat,

and don't eat for 2 hours before class. \$82 for residents; \$88 for nonresidents.

## ONGOING GROUPS

### BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays from 12 to 4 p.m. The nurse is also available for consultations, Tuesdays from 2 to 4 p.m.

### COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

### CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information.

### DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

### GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

### HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at its new home

and new number, 301-255-4250. The free service provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

### **SPEECH SUPPORT**

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's

or dementia, who need help with communication. Meets the second Tuesday of the month from 2 to 3 p.m.

### **TEA**

Village volunteers serve hot beverages, cookies, assorted pastries and fruit to Village residents and guests every Tuesday from 3 to 4 p.m.

### **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome at any time. See page 7 for more details.

### **VILLAGE BRIDGE CLUB**

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

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### **Broadway, continued from page 1**

original works of art, including Wyeths. Our plans for the evening feature a three-course dinner in the hotel's stunning Green Room.

Turn in for the night in one of the hotel's spacious rooms decorated with 18-century reproductions and original art.

Following an extensive buffet breakfast, we'll depart the hotel and travel to Manhattan. Our bus will drop us off along Restaurant Row, and you'll have time to enjoy lunch on your own before taking your orchestra seats for a matinee of "War Paint." The two stars, Patti LuPone and Christine Ebersole, were both nominated for the Tony Award for actress in a leading role in a musical in June.

We'll leave New York immediately following the play and stop for a fast-food dinner, on your own, en route home. We should be back in Friendship Heights by 10 p.m.

The cost of the trip, which includes round-trip transportation, one lunch, tours of Hagley Museum



and Winterthur, entrance to "Treasures on Trial," one dinner, deluxe overnight accommodations, one breakfast, one orchestra ticket to "War Paint," all taxes and gratuities, is \$599 per person based on double occupancy. The single supplement is \$130. A deposit of \$300 plus single supplement is due at sign-up and is refundable until Aug. 7.

The balance is due Sept. 7. Residents and one guest may sign up immediately at the Village Center; non-residents may sign up beginning July 15.

There are 28 spaces available.

We strongly recommend you purchase trip insurance. Information about insurance is available at the front desk of the Village Center.

### **VILLAGE PLAY TIME**

Games, toys and play equipment will be set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caretaker over age 13.

### **WALKING CLUB**

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

## **A reminder about payments and refunds**

### **For trips:**

If you must cancel your reservation for a Village trip, please be aware of the following:

1. The cost of any day trip that includes a ticket (theater, concert, sporting event, ballet, opera, etc.) is not refundable at any point after registration **unless** the space can be filled from a waiting list.
2. Any day trip that does not involve a ticket is refundable if cancelled seven days or more ahead.
3. Overnight trips are treated differently. Details are included in the newsletter trip description.

### **For classes:**

1. No refunds will be given after a class begins— unless the Center cancels the class due to low enrollment. If you want to observe a class before registering, you must have the instructor's permission.
2. You may join a class mid-session (if the instructor agrees), but you must pay for the full series.

### **Save the Date**

**Thursday, Aug. 24: A Trip to Rehoboth Beach, Del.**  
**See the August Village News for details.**



# CONCERTS



Concerts are held every Wednesday from 7 to 8 p.m. in the park in front of the Village Center. In the event of inclement weather, the performance will be moved indoors to Huntley Hall in the Village Center.

## **Wednesday, July 5—Marsha and the Positrons—**

Marsha and the Positrons is led by singer/songwriter Marsha Goodman-Wood, a former scientist and now mom of three turned “kindie” musician. Her concerts are fun, playful, educational and entertaining for adults and children.

## **Wednesday, July 12 — Steve Hom and Karla Chisholm**

— Guitarist Steve Hom and vocalist Karla Chisholm present a tribute to jazz greats Ella Fitzgerald and Eva Cassidy.

**Wednesday, July 19 — Richard Miller —** Classical guitarist Richard Miller’s repertoire ranges from standard classical guitar works to the Brazilian equivalent of American ragtime, a subject on which he is an expert (he wrote his doctoral thesis on this). His multicultural background (American father/Brazilian mother) and his early moves between Brazil and the U.S. with his parents, provide great inspiration for his programming. He has toured South and Central America as well as the U.S. in both classical recitals and with Latin jazz bands. He appears often in recital at the Brazilian American Institute and has appeared at the Kennedy Center, Library of Congress and in many performing arts series. In addition to appearing as a soloist, Miller will often combine talents with other musicians, a flutist, or a harpist, or a singer, for example. Richard now lives in New York, where he teaches at Columbia University.

## **Wednesday, July 26 — Pam**

### **Parker Trio —**

Pam Parker sings jazz, a little bit of rock and occasionally some spirituals.

Her performance venues have ranged from Blues Alley and the Congressional Black Caucus in Washington to a Pete Seeger tribute in Memphis and The Community Church in New York. Pam sings standard jazz tunes, including “Body and Soul,” “Come Rain or Come Shine,” along with the blues, “Brother Can You Spare a Dime” and “St. Louis Blues.” Guitar and bass round out the trio.



## **A Note from the Program Directors**

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

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# TO YOUR HEALTH

## A refreshing look at hydration

Water is the essence of all life and holds a critical nutrient necessary for all normal body functions. Still 75% of Americans remain chronically dehydrated.

Leni Barry, Suburban Hospital HeartWell nurse, will explain the dangers of dehydration and share tips to ensure we are getting enough water at this month's health lecture at the Village Center on **Wednesday, July 12, at 1 p.m.**

Please call 301-656-2797 to let us know if you plan to attend.



## Tea and Talk: Coping with Parkinson's

John Vine will discuss his book, "A Parkinson's Primer: An Indispensable Guide to Parkinson's Disease for Patients and Their Families," and his experiences with PD at the Village Center on **Wednesday, July 5, at 2 p.m.**

Mr. Vine, a lawyer with Covington & Burling LLP, interviewed 22 other patients and their partners and included their stories and advice in "A



Parkinson's Primer."

Following the program, please stay for tea.

Copies of the book will be available for sale. RSVP at 301-656-2797.

## Our Listings in the Friendship Heights Community

### FOR SALE

5600 Wisconsin Ave. #1603  
\$2,775,000: 2 BR + Den, 2.5 BA,  
Updated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #603  
\$2,249,000: 2 BR + Den, 2.5 BA,  
Views, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #1005  
\$975,000: 2 BR, 2 BA,  
Balcony; 1,402 SqFt

5610 Wisconsin Ave. #1102  
\$2,595,000: 2 BR + Den, 2.5 BA,  
Renovated, Balcony; 2,503 SqFt

5610 Wisconsin Ave. #607  
\$2,399,000: 2 BR + Den, 2.5 BA,  
Updated, 2 Balconies; 2,856 SqFt

5630 Wisconsin Ave. #706  
\$1,950,000: 2 BR + Den, 2 BA,  
Balcony; 1,814 SqFt

4301 Military Rd. NW. #202  
\$1,395,000: 2 BR, 2 BA,  
Private Terrace; 1,906 SqFt



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## Café Muse presents...

This month's Café Muse, on **Monday, July 17**, will feature poets Jennifer Barber and Jayne Benjulian.

Jennifer Barber is the author of "Works on Paper" (recipient of the 2015 Tenth Gate Prize); "Given Away; Rigging the Wind" (recipient of the 2002 Kore Press First Book Award); and a chapbook, "Vendaval, in Take Three: 3." She teaches in the English Department at Suffolk University in Boston, where she also edits the literary journal "Salamander." Her poems have appeared in "Poetry," "Poetry Kanto," "Pangyrus," "Missouri Review," "Gettysburg Review," "New Yorker," "Orion," "Harvard Divinity Bulletin," and elsewhere.

Jayne Benjulian is the author of "Five Sextillion Atoms." Her poetry and essays appear in numerous literary and performance journals in the U.S. and abroad. She lives in the Berkshire Hills of Massachusetts, where she teaches workshops in writing and poetry performance.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by

The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 40 years. For more information visit [www.wordworksdc.com](http://www.wordworksdc.com).

**Coming up: Aug. 21** — Third Annual Translation Reading, co-sponsored with DC-Area Literary Translators network (DC-ALT). Hosted by Katherine E. Young and featuring translators Lara Vergnaud (translating Ahmed Bounani), and Mary-Sherman Willis (translating Jean Cocteau). Both translators are translating from French into English.



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**July 2017 events calendar**